LIFE Workshops

Oct. 2, 2013 Flexercise Vernon Henry has a mission to keep you moving, healthy and strong. Wear comfortable clothing so you can get into the flexercise groove.

Oct. 9, 2013 Are You Out There? Did aliens really land in Roswell, New Mexico? Is there life on other planets? Dr. Daniel Kainer, Director of the Biotechnology Institute of LSC-Montgomery, discusses these topics and other astrobiology mysteries.

Oct. 16, 2013 Skeletons in my Closet What is a forensic sculptor? Amanda Danning works on facial reconstruction of soldiers and other historical figures. Discover the long-departed sailor from the La Belle shipwreck, prehistoric “Sam” from over 9,000 years ago, and soldiers from the battle of San Jacinto. Mark your calendars for the Columbus Folk Fest, November 1-3, 2013.

Oct. 23 Healthful Hummus Snacks Librarian Valerie Davis says that hummus, a chickpea dip, provides tasty and fiber-rich nutrition. Try some variations on a hummus theme.

Oct. 30, 2013 Time Travel to the Bayou City, 1913 Learn all about Houston 100 years ago with Mike Vance, local broadcaster, author, documentary filmmaker, and historian. Period images enhance this fun overview of what our predecessor Houstonians faced in 1913 daily life. Vance’s Houston/Texas history DVDs and book will be available for purchase after the program.